

Abstract of the Disclosure:

A composition having effects of inhibiting the onset of alcoholic liver injury and healing it which comprises an unadsorbed fraction obtained by subjecting a barley *shochu* stillage obtained as the by-product in the production of *shochu* from barley to solid/liquid separation and then subjecting the liquid fraction thus obtained to a separation treatment by adsorption. The unadsorbed fraction contains plural peptides having an average chain length of from 3.0 to 5.0. These peptides are composed of from 24 to 38% of glutamic acid, from 4 to 20% of glycine, from 5 to 10% of aspartic acid, from 4 to 9% of proline and from 4 to 8% of serine, referring to the total amino acid content originating in these peptides as 100%. A food composition comprising the above unadsorbed fraction and having a favorable taste is also disclosed.